

# AD FITNESS BOOT CAMP

Join instructor Alec Davison for this dynamic boot camp that will be intense but fun and high energy!

Come try this class if you are looking to tone up, reduce body fat or simply become healthier and more fit.

TUESDAYS & THURSDAYS

7:45 8:45 A.M. (TUESDAYS) 8 9 A.M. (THURSDAYS)

\$100 (RESIDENTS)

\$125 (NON RESIDENTS)

FOR 4 WEEKS

@ FIRST COLONY CONFERENCE CENTER

For more information please call 281-275-2885 or visit  
[www.imperialparkrecreationcenter.org](http://www.imperialparkrecreationcenter.org)

